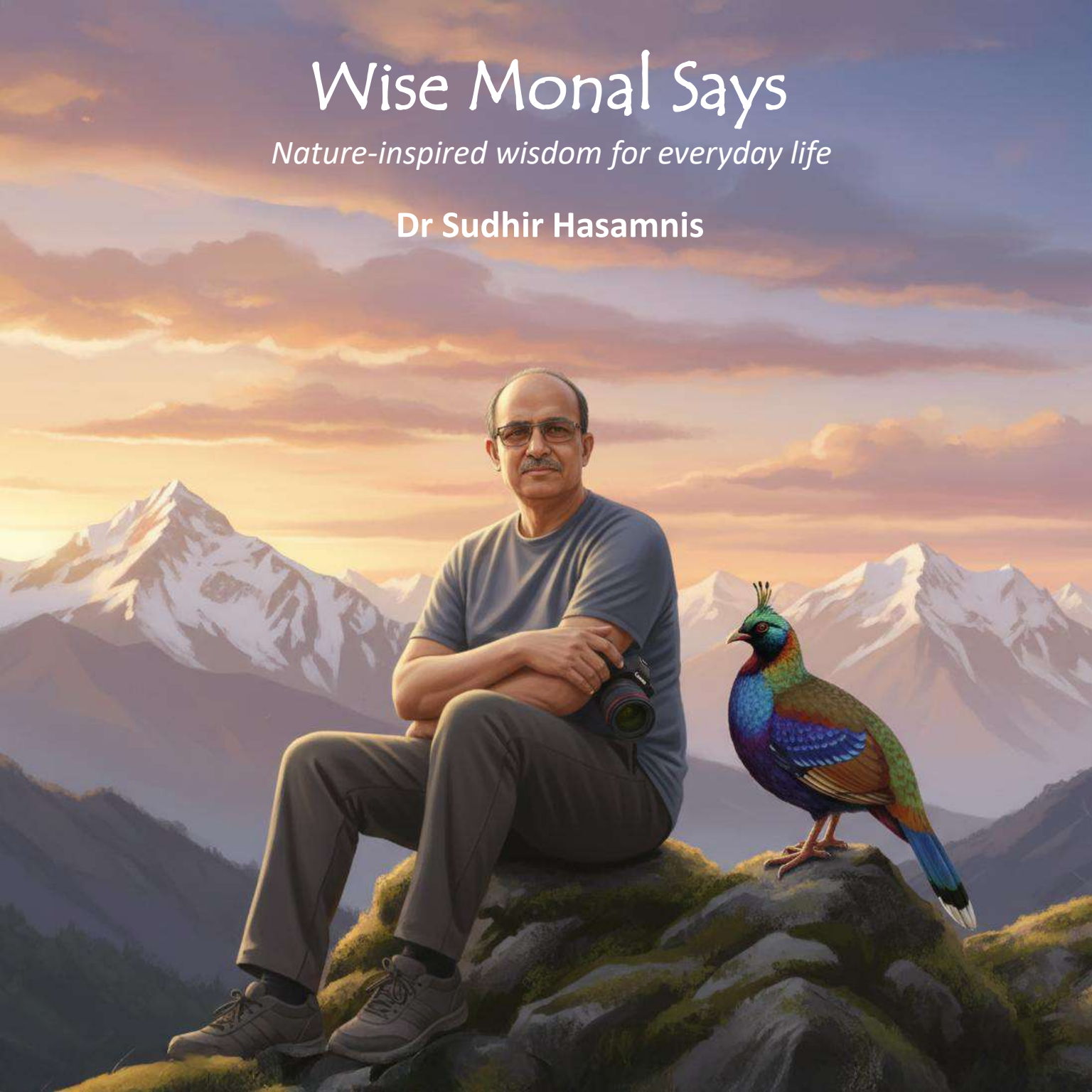
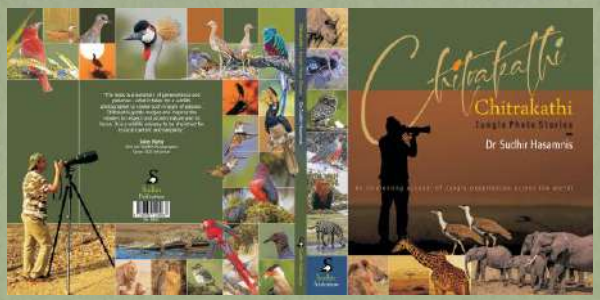
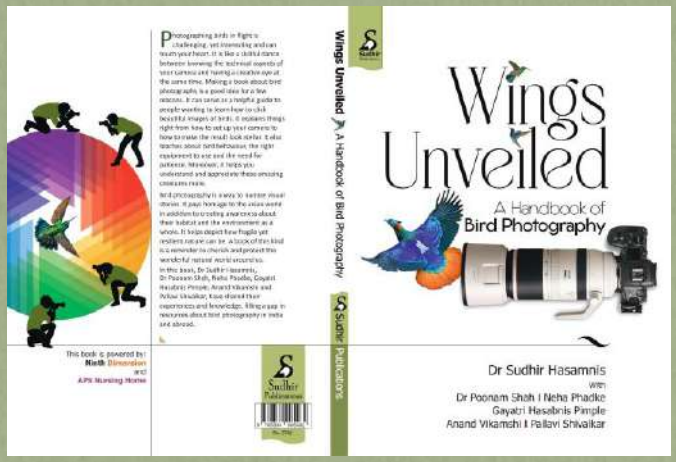
Wise Monal Says

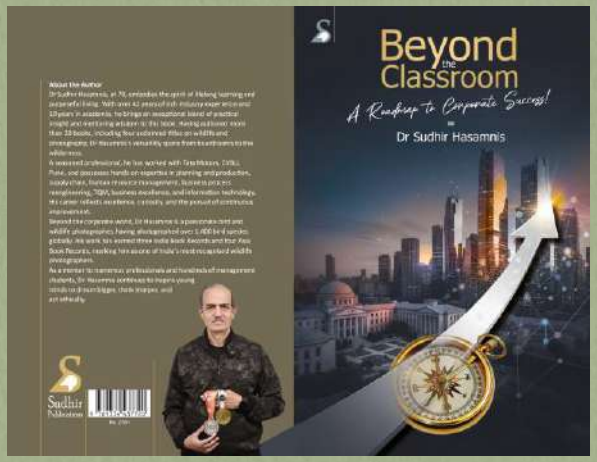
Nature-inspired wisdom for everyday life

Dr Sudhir Hasamnis









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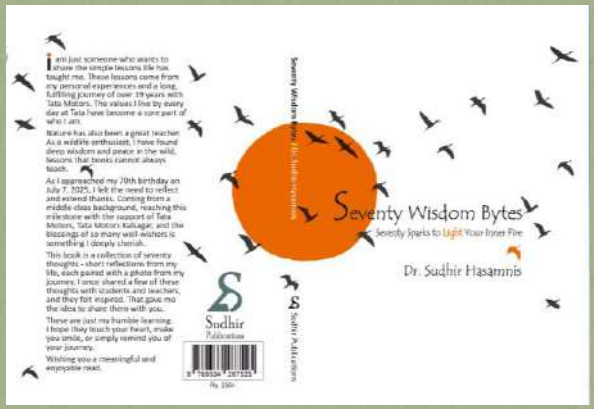

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ISBN: 978-93-5619-165-5

Sudhir Publications
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First Edition: 31st December 2025

Art direction, Typesetting, Design and Layouts: Dr Sudhir Hasamnis

E-Book

Price: Rs 200

This book is dedicated to all my Gurus, Guides, Teachers, Friends, Well-wishers and Institutions.

Note: *All copyrights are with the author and publisher, Dr Sudhir Hasamnis. But please feel free to copy, steal, distribute or forward this to your friends, relatives and family.*

Dedicated to everyone seeking a moment of clarity, a spark of hope, and a gentle reminder that wisdom often whispers, not shouts.

Why These Wisdom Bytes Matter

In a world filled with noise, speed, and constant comparison, we often forget to pause and listen to the simple truths that shape a meaningful life. *Wise Monal Says* brings together gentle yet powerful reflections—small wisdom bytes inspired by nature, wildlife, happiness, balance, and everyday experiences. Each thought is crafted to help readers reconnect with themselves, find clarity in moments of chaos, and rediscover the joy hidden in simple living.
These insights act as quiet companions, guiding you to think deeper, feel lighter, and grow wiser. Whether you read one thought a day or explore them all at once, they serve as tiny reminders to breathe, reflect, and choose the path that brings peace and purpose. Over time, these small lessons create big shifts—helping you build resilience, cultivate gratitude, nurture relationships, and live with intention.

Let each wisdom byte be a spark—illuminating your journey toward a more mindful, fulfilled, and balanced life.

Wise Monal Says...

"Every click of the camera is a lesson in focus."

Between the pages...

Wise Monal Says...

"Birds remind us that freedom comes with wings of courage."

Wise Monal Says...

"A true leader creates more leaders, not followers."

Wise Monal Says...

"Patience turns challenges into opportunities."

Wise Monal Says...

"Success tastes sweeter with humility."

Wise Monal Says...

"What you build in character outlasts what you build in stone."

Wise Monal Says...

"The jungle teaches what classrooms cannot."

Wise Monal Says...

"Silence in nature is never empty; it is full of wisdom."

Wise Monal Says...

"Listen more, speak less, grow faster."

Wise Monal Says...

"Every flower bloom at its own pace."

Wise Monal Says...

"Strategy is the bridge between goals and results."

Wise Monal Says...

"The forest floor is rich because of fallen leaves - failure nourishes growth..."

Between the pages...

Wise Monal Says...

"Teaching is the art of lighting many candles."

Sudhir Hanamur

Wise Monal Says...

"In the wild, survival is earned, not given."

Between the pages...

Wise Monal Says...

"Simplicity is the ultimate sophistication."

Wise Monal Says...

"The forest teaches patience better than any book."

Between the pages...

Wise Monal Says...

"Coaching is unlocking a person's potential."

Wise Monal Says...

"Age does not define relevance - learning does."

Wise Monal Says...

"Never stop exploring, inside and outside."

Wise Monal Says...

"True happiness lies in gratitude."

Wise Monal Says...

"Keep learning; the mind never retires."

Wise Monal Says...

"Silent forests bring peaceful minds."

Wise Monal Says...

"Every sunset brings a new dawn."

Between the pages...

Wise Monal Says...

"Observation is the first step to wisdom."

Wise Monal Says...

"Adapt like nature, and you will always survive."

“Success without ethics is failure.”

Wise Monal Says...

"Inspire, do not impose."

Wise Monal Says...

"Small, consistent steps build big achievements."

Wise Monal Says...

"Sharing knowledge is multiplying wealth."

Wise Monal Says...

"Fear limits, courage liberates."

Wise Monal Says...

"Success is temporary, values are permanent."

Wise Monal Says...

"A butterfly teaches that transformation takes time."

Wise Monal Says...

"Even the tallest tree begins as a seed."

Between the pages...

Wise Monal Says...

"The jungle is impartial – discipline decides survival."

Sudhir Hanamnis

Wise Monal Says...

"Nature never hurries, yet everything is accomplished."

Between the pages...

Wise Monal Says...

"The forest canopy proves that growth requires reaching upward."

Wise Monal Says...

"Nature teaches resilience - storms never last."

“Every rock in a riverbed tells a story of endurance.”

Wise Monal Says...

"The wind reminds us that unseen forces shape destinies."

Wise Monal Says...

"The desert teaches endurance; beauty survives in scarcity."

Wise Monal Says...

"The elephant teaches memory and gentle strength."

Wise Monal Says...

"The jungle thrives because diversity is strength."

Wise Monal Says...

"Sunsets remind us: endings can be beautiful."

Sudhir Hanamur

Wise Monal Says...

"The wild shows that silence is not weakness."

Between the pages...

Wise Monal Says...

"The jungle's law is fairness – no privilege, only survival."

Wise Monal Says...

"The wilderness humbles the arrogant and uplifts the patient one."

Wise Monal Says...

"A river never resists its path;
it flows and finds the way."

Wise Monal Says...

"In the jungle, adaptability decides destiny."

Wise Monal Says...

"Progress is impossible without change."

Between the pages...

Wise Monal Says...

"Reflection turns experience into wisdom."

Wise Monal Says...

"A good leader shapes culture; culture shapes destiny."

Wise Monal Says...

"Silence is power – it keeps your energy and dignity safe."

Wise Monal Says...

"Leadership is measured not by authority, but by the growth of people around you."

"Time is the only capital that appreciates when invested wisely."

Wise Monal Says...

"Age brings wisdom if you choose to reflect."

Wise Monal Says...

"The forest whispers:
slow down."

Wise Monal Says...

"Be curious, not judgmental."

Wise Monal Says...

"Leadership is service before power."

Between the pages...

Wise Monal Says...

"Nature's silence is life's greatest mentor."

Between the pages...

Wise Monal Says...

"The forest teaches adaptability; every creature has a role."

Wise Monal Says...

"Power inspires fear; respect inspires loyalty."

Wise Monal Says...

"Happiness is found not in possessions, but in purpose."

Wise Monal Says...

"Wisdom begins where ego ends."

Sudhir Hanamur

Wise Monal Says...

"Ethical choices build sustainable success."

Between the pages...

Wise Monal Says...

"A vision without clarity is a dream."

Between the pages...

Wise Monal Says...

"To lead is to serve with purpose."

Wise Monal Says...

"Resilience is strength refined by struggle."

Sudhir Hasamnis

Wise Monal Says...

"Growth begins where comfort ends."

Between the pages...

Wise Monal Says...

"Growth begins where comfort ends."

Wise Monal Says...

"Legacy is not what you leave, but whom you inspire."

Wise Monal Says...

"In the stillness of the forest, clarity of thought is born."

Sudhir Hasamnis

Wise Monal Says...

"The jungle is fair – it rewards strength and patience."

Between the pages...

Wise Monal Says...

"Adaptability is the most valuable skill of this century."

Between the pages...

Wise Monal Says...

"Time teaches lessons no classroom can."

Wise Monal Says...

"The best leaders blend vision with compassion."

Sudhir Hasamnis

Wise Monal Says...

"The wisest use of time is to invest it in people."

Between the pages...

Wise Monal Says...

"The richest lives leave behind wisdom, not wealth."

Sudhir Hasamnis

Wise Monal Says...

"With age comes perspective, if the heart remains open."

Between the pages...

Wise Monal Says...

"Time is the fairest teacher – it gives lessons without warning."

"Happiness is the harmony of values and actions."

Wise Monal Says...

"Happiness grows in hearts that forgive."

"Balance occurs when ambition and contentment walk hand"

Wise Monal Says...

"Inner peace comes from acceptance, not control."

Between the pages...

Wise Monal Says...

"Simplicity is the foundation of happiness."

Wise Monal Says...

"Forest paths remind us that wandering is also a form of learning."

Between the pages...

Wise Monal Says...

"Nature doesn't compete; it coexists."

Wise Monal Says...

"A river bends but never breaks – flexibility is power."

Sudhir Hasamnis

Wise Monal Says...

"Nature's silence is the purest meditation."

Between the pages...

Wise Monal Says...

"Every fallen tree enriches the soil of tomorrow."

Wise Monal Says...

"The wild teaches humility - humans are just visitors."

Wise Monal Says...

"The call of the wild awakens the call within."

"The flight of birds inspires us to rise above limits."

Wise Monal Says...

"A tree's strength lies in its roots, unseen yet vital."

"Nature is the oldest university."

Wise Monal Says...

"Coaching transforms potential into performance."

Sudhir Hasamnis

Wise Monal Says...

"The biggest prison is the fear of opinion."

Between the pages...

Wise Monal Says...

"Wisdom is the art of living simply."

Between the pages...

Wise Monal Says...

"The jungle speaks softly, yet its lessons echo forever."

Wise Monal Says...

"A tree that bends never breaks."

Wise Monal Says...

"A waterfall shows that surrender can also mean strength."

Wise Monal Says...

"Balance begins with gratitude for what is."

Sudhir Hasamnis

Wise Monal Says...

"Balance doesn't mean equal time; it means equal respect."

Between the pages...

Wise Monal Says...

"Balance is breathing between doing and being."

Sudhir Hasamani

Wise Monal Says...

"Balance is choosing kindness over control."

Between the pages...

Wise Monal Says...

"Balance is found when we stop chasing and start appreciating."

Sudhir Hasamnis

Wise Monal Says...

"Balance is grace under pressure."

Between the pages...

Wise Monal Says...

"Balance is knowing when to act and when to wait."

Sudhir Hasamnis

Wise Monal Says...

"Balance is knowing when to hold on and when to let go."

Between the pages...

Wise Monal Says...

"Balance is nature's favourite art form. A calm mind captures clearer frames."

Sudhir Hasamnis

Wise Monal Says...

"Balance is not control;
it's connection."

Between the pages...

Wise Monal Says...

"Balance is not perfection; it's presence."

Sudhir Hasamnis

Wise Monal Says...

"Balance is not stillness—it is graceful movement."

Between the pages...

Wise Monal Says...

"Balance is not symmetry
— it's harmony."

Sodhir Hasanmir

Wise Monal Says...

"Balance is not what you find — it's what you build."

Between the pages...

Wise Monal Says...

"Balance is rhythm between doing and being."

Wise Monal Says...

"Balance is strolling without losing direction."

Wise Monal Says...

"Balance is the art of saying no gracefully."

Wise Monal Says...

"Balance is the elegance of living without excess."

Between the pages...

Wise Monal Says...

"Balance is when your soul moves at the speed of nature."

Sudhir Hasamnis

Wise Monal Says...

"Balance means being fully present where you are."

Between the pages...

Wise Monal Says...

"Balance means giving your best without losing your calm."

Sudhir Hasamnis

Wise Monal Says...

"Balance thrives on gratitude."

Between the pages...

Wise Monal Says...

"Balance turns routine into rhythm."

Sudhir Hasamnis

Wise Monal Says...

"Balance turns routine into rhythm."

Between the pages...

Wise Monal Says...

"Even the smallest stream finds its ocean."

Between the pages...

Wise Monal Says...

"Every beam of sunlight is a reminder of hope."

Wise Monal Says...

"Every cloud moves on;
no storm stays forever."

Between the pages...

Wise Monal Says...

"Every echo in the hills returns with wisdom."

Wise Monal Says...

"Every feather in flight carries the story of courage."

Sudhir Hasamnis

Wise Monal Says...

"Every footprint in mud will fade; humility lasts longer."

Between the pages...

Wise Monal Says...

"Every frame is a reminder: moments matter."

Sudhir Hasamnis

Wise Monal Says...

"Every frame teaches the art of focus."

Between the pages...

Wise Monal Says...

"Every grain of sand is a story of time."

Between the pages...

Wise Monal Says...

"Every great image begins with observation, not action."

Wise Monal Says...

"Every image carries the breath of the photographer."

Sudhir Hasamnis

Wise Monal Says...

"Every image is a conversation between light and time."

Between the pages...

Wise Monal Says...

"Every leaf carries the signature of creation."

Sudhir Hasamnis

Wise Monal Says...

"Every missed shot teaches humility."

Between the pages...

Wise Monal Says...

"Every photograph freezes a heartbeat of time."

Wise Monal Says...

"Every photograph is a dialogue between curiosity and light."

Wise Monal Says...

"Every photograph is a dialogue between light and emotion."

"Every photograph is a quiet act of gratitude."

Wise Monal Says...

"Every photograph is a story told without words."

Between the pages...

Wise Monal Says...

"Every ray of light carries the promise of renewal."

Wise Monal Says...

"Every shadow in nature defines the beauty of light."

Sudhir Hasamnis

Wise Monal Says...

"Every storm clears the way for growth."

Between the pages...

Wise Monal Says...

"Every sunrise is a new canvas—paint it with gratitude."

Sudhir Hasamnis

Wise Monal Says...

"Every sunrise over the forest is a reminder of renewal."

Between the pages...

Wise Monal Says...

"Every sunset whispers,
rest, not end."

Sudhir Hasamnis

Wise Monal Says...

"Every tree stands strong by bending with the wind."

Between the pages...

Wise Monal Says...

"Every wild trail leads to self-discovery."

Sudhir Hanumar

Wise Monal Says...

"Focus on what matters — both in pictures and in living."

Between the pages...

Wise Monal Says...

"Focus reveals the meaning that chaos hides."

Between the pages...

Wise Monal Says...

"Great photography begins with gratitude, not gear."

Wise Monal Says...

"Happiness begins the moment gratitude takes root."

Sudhir Hasamnis

Wise Monal Says...

"Happiness begins when comparison ends."

Between the pages...

Wise Monal Says...

"Happiness blooms when expectations shrink."

Sudhir Hasamnis

Wise Monal Says...

"Happiness blooms where gratitude is rooted."

Between the pages...

Wise Monal Says...

"Happiness deepens with self-acceptance."

Sudhir Hasamnis

Wise Monal Says...

"Happiness doesn't need applause, just awareness."

Between the pages...

Wise Monal Says...

"Happiness doesn't shout; it smiles quietly."

Sudhir Hasamnis

Wise Monal Says...

"Happiness expands when the heart slows down."

Between the pages...

Wise Monal Says...

"Happiness glows in those who give more than they take."

Sudhir Hasamnis

Wise Monal Says...

"Happiness grows in hearts that rest often."

Between the pages...

Wise Monal Says...

"Happiness grows in uncluttered minds."

Sudhir Hasamnis

Wise Monal Says...

"Happiness grows when we stop chasing and start seeing."

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Wise Monal Says...

"Happiness grows when we stop competing."

Sudhir Hasamnis

Wise Monal Says...

"Happiness hides in ordinary moments."

Between the pages...

Wise Monal Says...

"Happiness is a form of inner discipline."

Sudhir Hasamnis

Wise Monal Says...

"Happiness is a view best captured with gratitude."

Between the pages...

Wise Monal Says...

"Happiness is being kind to yourself."

Sudhir Hasamnis

Wise Monal Says...

"Happiness is built, not bought."

Between the pages...

Wise Monal Says...

"Happiness is clarity disguised as calm."

Sudhir Hasamani

Wise Monal Says...

"Happiness is clarity without conditions."

Between the pages...

Wise Monal Says...

"Happiness is found in still waters and steady hearts."

Sudhir Hasamnis

Wise Monal Says...

"Happiness is found when heartbeats sync with nature's rhythm."

Between the pages...

Wise Monal Says...

"Happiness is harmony between effort and ease."

Sudhir Hasamani

Wise Monal Says...

"In photography, focus is everything — so in life."

Between the pages...

Wise Monal Says...

"In photography, shadows make light meaningful."

Wise Monal Says...

"In the jungle, patience is protection."

Between the pages...

Wise Monal Says...

"In the wild, survival is harmony, not hostility."

Wise Monal Says...

"In wildlife, stillness is the secret to survival."

Between the pages...

Wise Monal Says...

"Joy grows where gratitude roots deeply."

Wise Monal Says...

"Joy is a companion, not a destination."

Between the pages...

Wise Monal Says...

"Joy is contagious; share it freely."

Sodhin Hasanmir

Wise Monal Says...

"Joy is nature's silent invitation to live deeply."

Between the pages...

Wise Monal Says...

"Joy is not an emotion;
it's a perspective."

Wise Monal Says...

"Joy is not an event; it's a way of seeing."

Between the pages...

Wise Monal Says...

"Joy is the moment when nature and soul meet."

Wise Monal Says...

"Joy is the quiet confidence of contentment."

Between the pages...

Wise Monal Says...

"Light and patience — the two secrets of great photography and great living."

Wise Monal Says...

"Light changes everything—so does perspective."

Between the pages...

Wise Monal Says...

"Light defines life, both in pictures and in purpose."

"Light is the language of truth."

Wise Monal Says...

"Nature doesn't resist — it evolves."

Wise Monal Says...

"Nature doesn't rush; it reveals in silence."

Between the pages...

Wise Monal Says...

"Nature heals by reminding us how small our worries are."

Sodhin Hasanmir

Wise Monal Says...

"Nature heals the fatigue modern life creates."

Between the pages...

Wise Monal Says...

"Nature is the purest form of order disguised as chaos."

Sodhin Hasamnis

Wise Monal Says...

"Nature mends the wounds that noise leaves behind."

Between the pages...

Wise Monal Says...

"Nature never hurries, yet everything arrives on time."

Wise Monal Says...

"Nature paints every leaf with purpose."

Between the pages...

Wise Monal Says...

"Nature renews the spirit that life exhausts."

Sodhin Hasamani

Wise Monal Says...

"Nature repairs what the rush of life erodes."

Between the pages...

Wise Monal Says...

"Nature restores what the world wears down."

Wise Monal Says...

"Nature revives the soul tired by the world."

Between the pages...

Wise Monal Says...

"Nature rewards stillness with insight."

Wise Monal Says...

"Nature speaks softly, but its wisdom is thunderous."

Between the pages...

Wise Monal Says...

"Nature's beauty lies in imperfection."

Wise Monal Says...

"Nature's colours are lessons in diversity and acceptance."

Between the pages...

Wise Monal Says...

"Nature's diversity is its strength — and ours too."

Wise Monal Says...

"Nature's laws are simple — balance, respect, and adapt."

Between the pages...

Wise Monal Says...

"Nature's perfection lies in its imperfection."

Wise Monal Says...

"Nature's silence speaks in a language beyond words."

Between the pages...

Wise Monal Says...

"Peace begins where noise ends—ask the forest."

"Peace begins with perspective."

Wise Monal Says...

"Peace comes when we stop chasing and start living."

Wise Monal Says...

"Peace is not a luxury; it's a necessity."

Between the pages...

Wise Monal Says 224

Wise Monal Says...

"Peace is not absence of noise, but presence of purpose."

Wise Monal Says...

"Peace is power in a gentle form."

Between the pages...

Wise Monal Says...

"Peace is the pause between two breaths."

Sodhir Hasamani

Wise Monal Says...

"Peace is trusting life's timing."

Between the pages...

Wise Monal Says...

"Peace lives in moments of awareness."

Wise Monal Says...

"Photography humbles — nature always has the better frame."

Between the pages...

Wise Monal Says...

"Photography is a balance between vision and patience."

Sodhin Hasanmir

Wise Monal Says...

"Photography is a lesson in patience and presence."

Between the pages...

Wise Monal Says...

"Photography is meditation with open eyes."

Wise Monal Says...

"Photography is not about perfection; it's about presence."

Between the pages...

Wise Monal Says...

"Photography is not about seeing, but about feeling what you see."

Wise Monal Says...

"Photography is storytelling without noise."

Between the pages...

Wise Monal Says...

"Photography is the art of noticing what others miss."

Wise Monal Says...

"Photography reminds us — beauty hides in everyday things."

Between the pages...

Wise Monal Says...

"Photography sharpens not sight, but sensitivity."

Wise Monal Says...

"Photography slows down time — that's its magic."

Between the pages...

Wise Monal Says...

"Photography teaches humility — timing is never fully yours."

Wise Monal Says...

"Photography teaches patience — light always rewards those who wait."

Between the pages...

Wise Monal Says...

"Photography teaches that silence has its own voice."

Wise Monal Says...

"Photography teaches the courage to see beauty in imperfection."

Between the pages...

Wise Monal Says...

"Photography teaches that silence has its own voice."

Wise Monal Says...

"Photography teaches the courage to see beauty in imperfection."

Between the pages...

Wise Monal Says...

"Photography trains the eye to see beauty in silence."

Sodhin Hasamani

Wise Monal Says...

"Rain cleanses not just the earth, but the spirit."

Between the pages...

Wise Monal Says...

"Rest is not escape; it's essential maintenance."

Sodhin Hasamani

Wise Monal Says...

"Rivers don't fight obstacles — they flow around them."

Between the pages...

Wise Monal Says...

"Rivers teach resilience
— flow, don't fight."

Wise Monal Says...

"Shadows add depth, both in pictures and in life."

Between the pages...

Wise Monal Says...

"Shadows make highlights meaningful."

Wise Monal Says...

"Stillness in nature is not absence, but awareness."

Between the pages...

Wise Monal Says...

"The beauty of photography is learning to see without judging."

Wise Monal Says...

"The best camera is the one that captures the soul, not the scene."

Between the pages...

Wise Monal Says...

"The best compositions are made in calm, not chaos."

Sudhir Hasamnis

Wise Monal Says...

"The best frames come to those who wait."

Between the pages...

Wise Monal Says...

"The best photographers learn to wait, not just to watch."

Sudhir Hasamnis

Wise Monal Says...

"The best shots happen when you stop trying too hard."

Between the pages...

Wise Monal Says...

"The breeze whispers: let go and flow."

Wise Monal Says...

"The butterfly teaches — change can be beautiful."

Between the pages...

Wise Monal Says...

"The calm after rain is nature's gentle applause."

Wise Monal Says...

"The calm before dawn is nature's meditation."

Between the pages...

Wise Monal Says...

"The calm lake reflects both sky and soul."

Wise Monal Says...

"The calm river teaches persistence without pressure."

Between the pages...

Wise Monal Says...

"The calm sea hides great depth — so do calm minds."

Wise Monal Says...

"The camera lens sharpens not just images, but awareness."

Between the pages...

Wise Monal Says...

"The camera records facts; the heart captures truth."

Wise Monal Says...

"The camera records what the heart feels."

Between the pages...

Wise Monal Says...

"The camera teaches detachment — you observe before reacting."

Wise Monal Says...

"The camera teaches gratitude — every click is a gift."

Between the pages...

Wise Monal Says...

"The camera teaches mindfulness — nothing exists but this moment."

Wise Monal Says...

"The desert blooms without applause — beauty doesn't need witnesses."

Between the pages...

Wise Monal Says...

"The elephant teaches calm power — soft steps, strong presence."

Wise Monal Says...

"The forest breathes —
and so should we."

Between the pages...

Wise Monal Says...

"The forest canopy teaches collaboration through coexistence."

Wise Monal Says...

"The forest doesn't compete; it coexists in harmony."

Between the pages...

Wise Monal Says...

"The forest doesn't need validation — it simply thrives."

Sodhin Hasanmir

Wise Monal Says...

"The forest floor is rich because nothing is wasted."

Between the pages...

Wise Monal Says...

"The forest hums in peace where humans fall silent."

Wise Monal Says...

"The forest is a mirror —
it reflects who you are."

Between the pages...

Wise Monal Says...

"The forest is a patient teacher — it never speaks, yet transforms."

Wise Monal Says...

"The forest never hurries — it grows with quiet confidence."

Between the pages...

Wise Monal Says...

"The forest restores what the city forgets."

Wise Monal Says...

"The forest teaches faith — everything has its season."

Between the pages...

Wise Monal Says...

"The forest's silence holds the loudest truths."

Wise Monal Says...

"The frame reveals what the heart chooses to see."

Between the pages...

Wise Monal Says...

"The happiest hearts expect little and appreciate much."

Wise Monal Says...

"The horizon in nature reminds us — there's always more to explore."

Between the pages...

Wise Monal Says...

"The jungle doesn't judge; it simply exists in balance."

Wise Monal Says...

"The jungle speaks softly, yet its lessons echo forever."

Between the pages...

Wise Monal Says...

"The jungle teaches lessons of coexistence."

Wise Monal Says...

"The jungle teaches—patience is power."

Between the pages...

Wise Monal Says...

"The jungle's silence is the sound of balance."

Wise Monal Says...

"The lens captures truth; editing shapes perspective."

Between the pages...

Wise Monal Says...

"The lens does not lie; it reveals the unseen."

Wise Monal Says...

"The lens doesn't just show reality; it refines awareness."

Between the pages...

Wise Monal Says...

"The lens freezes time,
but memory colours it."

Wise Monal Says...

"The lens records truth;
the heart interprets it."

Between the pages...

Wise Monal Says...

"The lens reminds us — every angle changes the story."

Wise Monal Says...

"The lens reminds us — focus defines beauty."

Between the pages...

Wise Monal Says...

"The lens reminds us — perspective changes everything."

Wise Monal Says...

"The lens teaches acceptance — every frame has its light."

Between the pages...

Wise Monal Says...

"The lens teaches us to frame life, not just capture it."

Wise Monal Says...

"The lens transforms ordinary scenes into timeless lessons."

Between the pages...

Wise Monal Says...

"The light you chase may already be within you."

Wise Monal Says...

"The moon teaches calmness even in its phases."

Between the pages...

Wise Monal Says...

"The more you simplify, the richer life becomes."

Wise Monal Says...

"The mountain's shadow is as grand as its peak."

Between the pages...

Wise Monal Says...

"The mountains never compete, yet they inspire awe."

Wise Monal Says...

"The mountains remind us—peace is found in stillness."

Between the pages...

Wise Monal Says...

"The mountains teach us to rise quietly, not arrogantly."

Wise Monal Says...

"The pause before a click teaches mindfulness."

Between the pages...

Wise Monal Says 314

Wise Monal Says...

"The quietest trails lead to the loudest realisations."

Wise Monal Says...

"The rhythm of waves is life's oldest lullaby."

Between the pages...

Wise Monal Says
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Wise Monal Says...

"The rhythm of waves teaches acceptance."

Wise Monal Says...

"The river flows not to win, but to reach."

Between the pages...

Wise Monal Says...

"The silence after a shot is a reflection made visible."

Wise Monal Says...

"The sky teaches vastness; the soil teaches humility."

Between the pages...

Wise Monal Says
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Sodhin Hasanmir

Wise Monal Says...

"The stars remind us — darkness is just half the story."

Between the pages...

Wise Monal Says...

"The sunset teaches that endings can glow beautifully."

Between the pages...

Wise Monal Says...

"The tiger walks with purpose, never in haste."

Wise Monal Says...

"The tree bends gracefully because it trusts its roots."

Between the pages...

Wise Monal Says 324

Wise Monal Says...

"The wild does not hurry;
it simply is."

Wise Monal Says...

"The wild has no waste;
every part has purpose."

Between the pages...

Wise Monal Says...

"The wild is not chaos — it's perfect order in disguise."

Wise Monal Says...

"The wild mirrors truth — raw, real, and resilient."

Between the pages...

Wise Monal Says...

"The wild reminds us — strength need not be loud."

Wise Monal Says...

"The wild shows that chaos has rhythm."

Between the pages...

Wise Monal Says...

"The wild teaches humility better than any teacher."

Wise Monal Says...

"The wind reminds us — the unseen often shapes the visible."

Between the pages...

Wise Monal Says...

"The world drains; nature replenishes."

Wise Monal Says...

"Through the lens, even stillness becomes alive."

Between the pages...

Wise Monal Says...

"To live in balance is to live in rhythm with yourself."

Wise Monal Says...

"True balance is when ambition and peace walk together."

Between the pages...

Wise Monal Says...

"True happiness comes from alignment, not achievement."

Sodhin Hasamani

Wise Monal Says...

"

True happiness needs silence more than celebration.

"

Between the pages...

Wise Monal Says...

"True joy needs no reason."

Wise Monal Says...

"What the world takes away, nature quietly returns."

Between the pages...

Wise Monal Says...

"A balanced life feels lighter, not smaller."

Wise Monal Says...

"A bird in flight is a lesson in freedom."

Wise Monal Says...

"A bird's song at dawn is hope made audible."

Wise Monal Says...

"A calm mind is a powerful healer."

Between the pages...

Wise Monal Says...

"A forest teaches teamwork through quiet harmony."

Wise Monal Says...

"A good photograph is a dialogue between light and patience."

Between the pages...

Wise Monal Says...

"A good photograph is emotion made visible."

Wise Monal Says...

"A good photograph speaks the language of silence."

Between the pages...

Wise Monal Says...

"A peaceful walk in nature restores what noise erodes."

Wise Monal Says...

"A photograph freezes what words cannot express."

Between the pages...

Wise Monal Says...

"A picture may fade, but the feeling remains."

Sudhir Haranmir

Wise Monal Says...

"A raindrop reminds us — small can still create ripples."

Between the pages...

Wise Monal Says...

"A snowflake proves beauty in individuality."

Sodhin Hasamani

Wise Monal Says...

"A tiger's patience is the portrait of power."

Between the pages...

Wise Monal Says...

"Nature softens the edges that life sharpens."

Wise Monal Says...

"In the wild, the tired heart learns to breathe again."

Between the pages...

Wise Monal Says...

"Nature restores what noise steals quietly."

Sudhir Hasamnis

Wise Monal Says...

"The earth offers calm, where the world provides chaos."

Between the pages...

Wise Monal Says...

"Nature holds the peace
we forget to seek."

Wise Monal Says...

"The breeze unwinds knots the mind cannot."

Between the pages...

Wise Monal Says 360

Wise Monal Says...

"Nature lifts the weight the world puts on our shoulders."

Wise Monal Says...

"Among trees, even tired thoughts rest gracefully."

Between the pages...

Wise Monal Says
362

Wise Monal Says...

"The forest soothes what hurry has stressed."

Wise Monal Says...

"Nature's silence repairs life's loudest moments."

Between the pages...

Wise Monal Says 364

Sodhin Hasanmir

Wise Monal Says...

"The wilderness brings clarity where confusion once lived."

Between the pages...

Wise Monal Says...

"Nature cools the heat of crowded days."

Between the pages...

Wise Monal Says...

"A walk in nature rearranges a restless mind."

Wise Monal Says...

"Nature comforts in ways words never can."

Between the pages...

Wise Monal Says...

"The mountains steady what the world shakes."

Wise Monal Says...

"Nature gives the quiet we didn't know we needed."

Between the pages...

Wise Monal Says
370

Wise Monal Says...

"In nature's arms, exhaustion transforms into ease."

Sodhin Hasanmir

Wise Monal Says...

"A day in the wild resets a week in the world."

Between the pages...

Wise Monal Says...

"Nature slows the pulse of an overworked mind."

Wise Monal Says...

"The river's rhythm
calms the heart's noise."

Between the pages...

Wise Monal Says
374

Wise Monal Says...

"Nature patches the cracks life creates."

Wise Monal Says...

"Even a single leaf can lighten a heavy day."

Between the pages...

Sodhir Hasanmir

Wise Monal Says...

"In nature, every breath feels borrowed from peace."

Between the pages...

Wise Monal Says...

"The wild refreshes what routine drains."

Between the pages...

Wise Monal Says
378

Wise Monal Says...

"Nature holds space for the weary without asking questions."

Wise Monal Says...

"The forest shelters the emotions we struggle to name."

Between the pages...

Wise Monal Says...

"Nature dissolves stress like morning sun melts fog."

Wise Monal Says...

"A quiet trail is medicine for restless souls."

Between the pages...

Wise Monal Says...

"Nature steadies the mind that rushes too fast."

Wise Monal Says...

"The wild brings balance where life brings imbalance."

Between the pages...

Wise Monal Says 384

Wise Monal Says...

"Nature clears the heart of yesterday's heaviness."

Wise Monal Says...

"Even silence feels alive among trees."

Between the pages...

Wise Monal Says...

"Nature brightens moods; the world dims."

Wise Monal Says...

"A moment in nature is a gentle restart."

Between the pages...

Wise Monal Says...

"In the lap of nature,
even worry falls asleep."

Wise Monal Says...

"Nature brings back the calm we misplace."

Between the pages...

Wise Monal Says 390

Wise Monal Says...

"The scent of the forest refreshes tired thoughts."

Wise Monal Says...

"Nature invites stillness when life pushes speed."

Between the pages...

Wise Monal Says...

"In the wild, even the weary rediscover wonder."

Wise Monal Says...

"Nature untangles what stress knots tightly."

Between the pages...

Wise Monal Says 394

Wise Monal Says...

"A touch of nature can heal a day of noise."

Wise Monal Says...

"Nature restores strength in quiet doses."

Between the pages...

Wise Monal Says...

"The wild steadies emotions the world overwhelms."

Wise Monal Says...

"Nature renews the spirit without effort."

Between the pages...

Wise Monal Says 398

Wise Monal Says...

"A simple breeze can reset a complicated day."

Wise Monal Says...

"Nature holds healing in every shade of green."

Between the pages...

Wise Monal Says...

"In the forest, even time slows enough to heal."

Sodhin Hasanmir

Wise Monal Says...

"Nature knows how to comfort without speaking."

Between the pages...

Wise Monal Says...

"The wild breathes peace into tired minds."

Sodhin Hasamani

Wise Monal Says...

"Nature gently puts back together what life pulls apart."

Between the pages...

Wise Monal Says...

"Nature clears the mind the way rain clears the sky."

Wise Monal Says...

"The wild sings lullabies for tired souls."

Between the pages...

Wise Monal Says...

"Among trees, even heavy hearts feel lighter."

Wise Monal Says...

"Nature restores the balance we lose in busy days."

Between the pages...

Wise Monal Says...

"The smell of wet soil heals more than medicine."

Wise Monal Says...

"Nature's calmness softly rearranges the soul."

Between the pages...

Wise Monal Says
410

Wise Monal Says...

"A quiet sunrise can heal a restless night."

Wise Monal Says...

"In nature, even silence feels comforting."

Between the pages...

Wise Monal Says
412

Wise Monal Says...

"Nature wipes away stress like waves erase footprints."

Between the pages...

Wise Monal Says...

"The wild welcomes you as you are—tired or whole."

Between the pages...

Wise Monal Says...

"Nature brings clarity to thoughts tangled by life."

Wise Monal Says...

"The forest recharges the energy we didn't know we lost."

Between the pages...

Wise Monal Says
416

Wise Monal Says...

"A moment under the open sky is emotional cleansing."

Wise Monal Says...

"Nature reminds us that slow is also progress."

Between the pages...

Wise Monal Says
418

Wise Monal Says...

"Even a gentle breeze
can reset a noisy heart."

Wise Monal Says...

"Nature soothes in ways no human voice can."

Between the pages...

Wise Monal Says 420

Wise Monal Says...

"When life overwhelms, the earth quietly steadies us."

Sodhin Hasanmir

Wise Monal Says...

"A mountain view relieves burdens we cannot name."

Between the pages...

Wise Monal Says...

"Nature's embrace is the cure for digital fatigue."

Wise Monal Says...

"The wild has a way of stitching broken calm."

Between the pages...

Wise Monal Says 424

Wise Monal Says...

"Nature brings perspective—the world feels smaller here."

Wise Monal Says...

"The rhythm of leaves can calm the wildest mind."

Between the pages...

Wise Monal Says...

"Nature unwinds stress like a river carves stone."

Wise Monal Says...

"A simple walk outdoors is a gentle reset button."

Between the pages...

Wise Monal Says...

"Nature revives pieces of us we forget to nurture."

Wise Monal Says...

"The forest accepts every emotion without judgment."

Between the pages...

Wise Monal Says
430

Wise Monal Says...

"Nature's simplicity dissolves life's complications."

Wise Monal Says...

"The open sky expands minds narrowed by routine."

Between the pages...

Wise Monal Says...

"Nature whispers hope in its softest winds."

Wise Monal Says...

"The wild teaches the art of peaceful slowing down."

Between the pages...

Wise Monal Says 434

Wise Monal Says...

"Nature fills emotional gaps the world ignores."

Wise Monal Says...

"A quiet bench in the woods heals decades of hurry."

Between the pages...

Wise Monal Says...

"Nature's beauty distracts the mind from its worries."

Wise Monal Says...

"The wild restores joy that stress quietly steals."

Between the pages...

Wise Monal Says
438

Wise Monal Says...

"Nature offers peace no matter how heavy the day."

Wise Monal Says...

"Even stones in rivers tell stories of healing."

Between the pages...

Wise Monal Says...

"Nature gives comfort without asking anything back."

Sodhin Hasanmir

Wise Monal Says...

"The forest resets priorities more clearly than lectures."

Between the pages...

Wise Monal Says...

"Sometimes healing is simply stepping outside."

Wise Monal Says...

"Nature calms storms inside long before storms outside."

Between the pages...

Wise Monal Says 444

Wise Monal Says...

"In nature, hearts remember how to breathe slowly."

Wise Monal Says...

"The wild reminds us that peace is a natural state."

Between the pages...

Wise Monal Says
446

Wise Monal Says...

"Nature eases the mind like dew cools morning air."

Wise Monal Says...

"Even broken branches continue to shelter life."

Between the pages...

Wise Monal Says...

"Nature teaches us to rest without guilt."

Wise Monal Says...

"The forest's shade cools the fire of stress."

Between the pages...

Wise Monal Says...

"Nature unwinds tension with every rustling leaf."

Wise Monal Says...

"The wild invites us to unburden quietly."

Between the pages...

Wise Monal Says...

"Nature replaces overwhelm with wonder."

Wise Monal Says...

"Healing begins the moment you step into the green."

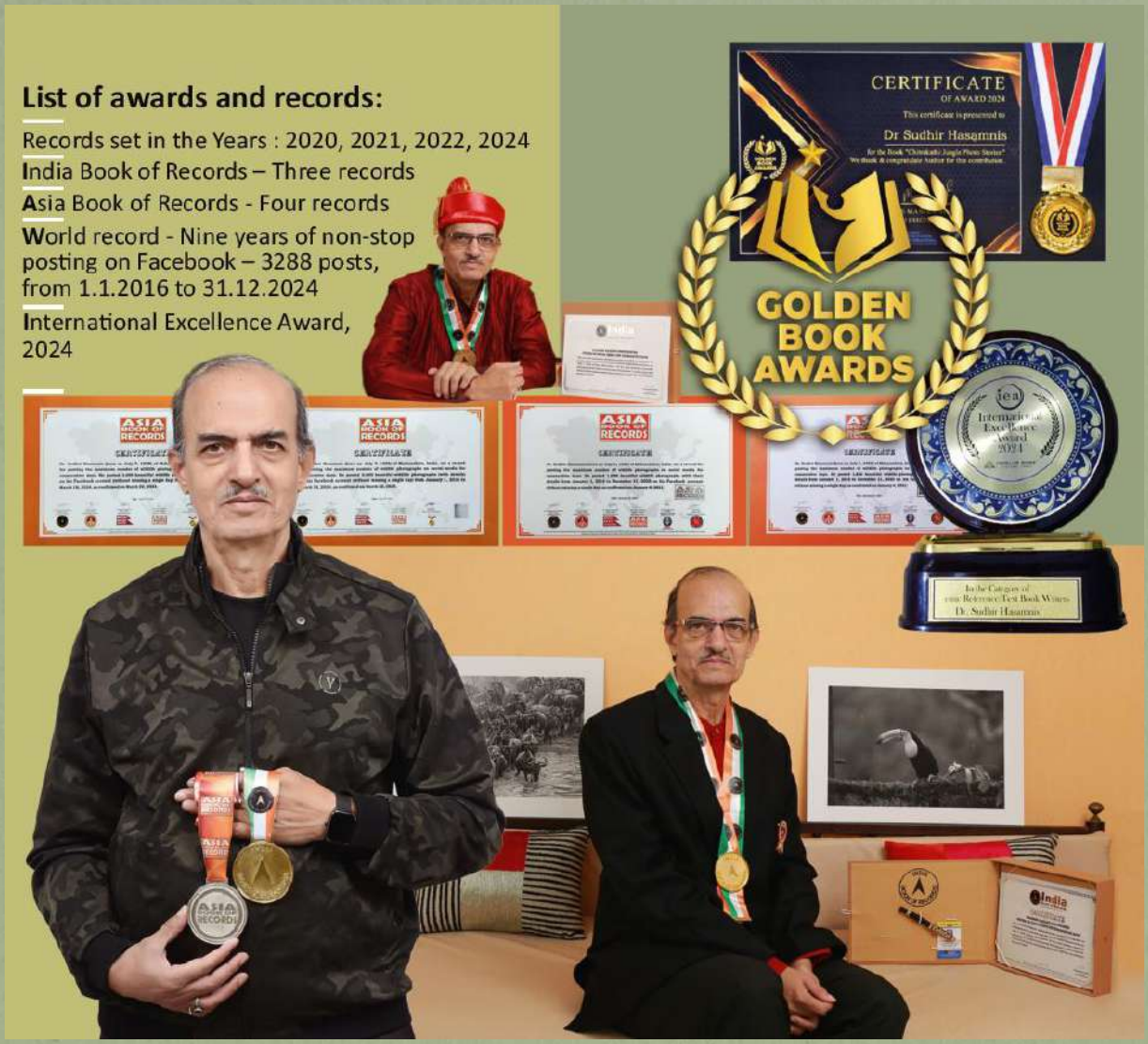
Between the pages...

My Notes

My Notes

My Notes

My Notes



Awards for the books:

Birds of Old Magazine House: Golden Book Award 2024

Chitrakathi: Golden Book Award 2024, International Excellence Award, 2024 by Exceller Books

Wings Unveiled: A Handbook of Bird Photography: Golden Book Award 2025, International Excellence Award, 2024 by Exceller Books

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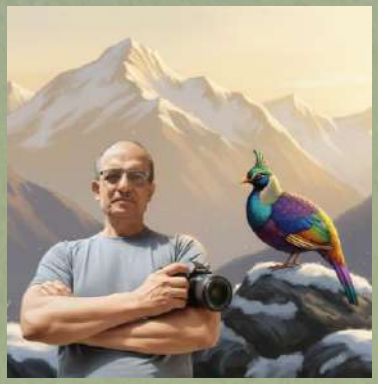

About the Author

Dr Sudhir Hasamnis, at 70, embodies the spirit of lifelong learning and purposeful living. With over 42 years of rich industry experience and 10 years in academia, he brings an exceptional blend of practical insight and mentoring wisdom to this book. Having authored more than 20 books, including four acclaimed titles on wildlife and photography, Dr Hasamnis's versatility spans from boardrooms to the wilderness.

A seasoned professional, he has worked with Tata Motors, CVBU, Pune. He possesses hands-on expertise in planning and production, supply chain, human resource management, business process reengineering, TQM, business excellence, and information technology. His career reflects excellence, curiosity, and a commitment to continuous improvement.

Beyond the corporate world, Dr Hasamnis is a passionate bird and wildlife photographer, having photographed over 1,400 bird species globally. His work has earned three India Book Records and four Asia Book Records, marking him as one of India's most recognised wildlife photographers.

As a mentor to numerous professionals and hundreds of management students, Dr Hasamnis continues to inspire young minds to dream bigger, think sharper, and act ethically.

Sudhir
Publications

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Rs. 200.00